

Action Lines

Room for child care

Have you thought about expanding the size of the rooms and the number of children allowed in the hourly care program? In the babies' room, there are five slots for the entire base, and it's been a big problem trying to get children in there to take advantage of the program.

Present funding, floor space and regulatory guidance does not allow us to expand our hourly child care. Unfortunately, we can only accommodate 23 children from ages 1 to 6.

Other care options are available.

Spaces are often open in the child development center. Contact the RAF Lakenheath Child Development Center at Ext. 3285 or 3829 or the RAF Feltwell Child Development Center at Ext. 7020.

Another option is to use the family child-care program; providers are licensed by the support group commander to provide child care in their homes.

A listing of all licensed providers and homes is available in the family child-care

office, Bldg. 640, or at the child development center. Call Ext. 3718 for further information.

Facility opening hours

Is there any way community facilities can open before 10 in the morning, especially on Fridays? The bank, commissary and base exchange all open at 10 a.m. If they were open sooner, a lot of people who drop their children off could get in to these facilities.

Facility hours are set to best accommodate the majority of customers. The commissary already opens at 9 a.m. The bank is currently open at 9 a.m. every day except Friday. As a result of your call, we've requested permission from the bank's main branch to open at 9 a.m. Fridays. The commissary and exchange hours will remain as published. I encourage customers to comment on facilities' hours of operation using customer feedback forms available in all base facilities. We will revisit hours if there is a community need and patronage supports the change.

Storage sheds for residents

Are people who live in base housing areas that don't have storage areas able to receive the new sheds the self-help store is offering?

Yes, eventually. Our storage shed initiative will replace ugly, dilapidated sheds with a base standard and provide storage sheds in all housing areas. Unfortunately, funds are tight; so this will take time.

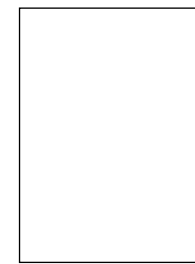
Many occupants have bought their own sheds on the local economy and the cost is not reimburseable. Like people without government provided sheds, however, those who bought a shed have the same opportunity as anyone else for a new government-provided shed. Therefore our policy is based upon providing, as a priority, sheds to people with houses that have no exterior storage space. The self-help store maintains a list of these houses and a list of self-help sheds already allocated. Incidentally, a self-help shed is one that you must assemble yourself. For this reason, many people choose to acquire their own.

Car insurance prices

Does anyone regulate the insurance prices that the on-base concessionaires charge? Can anything be done about their outrageous prices? Could there be a warning in sponsor packages?

The insurance industry, like any commercial activity, is based on supply and demand. United Kingdom insurance company prices are "regulated" by the customers they serve. If they're too expensive, customers

Action Line



The Action Line is your direct link to me for complaints, suggestions, or comments. It's not intended to replace the chain of command. When normal command and agency channels haven't been able to resolve your concerns, call (Ext. 2324), fax (Ext. 5367), e-mail

(Action_Line), send through distribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Bldg. 1085). You may remain anonymous; to receive a reply, however, leave your name, unit, duty or home phone number, and full APO mailing address. Names will be kept confidential.

48th Fighter Wing commander

go elsewhere.

The on-base insurance brokers are simply there for the convenience of the community. As a prudent shopper, it is up to the individual to search for the best buy.

Rates for the on-base brokers are set by their insurance underwriters, not the base. When an individual produces a legitimate off-base quote that is cheaper than the broker's current rate, the broker will contact the underwriter to see if they will match the price. When shopping for insurance remember caveat emptor, "let the buyer beware."

People who have problem with on-base insurance brokers should call Geri Beers at Ext. 3720.

Sponsor program

My father and I went to the RAF Mildenhall passenger terminal (Jan. 7) and were there on time to pick up the person who we were sponsoring. Two Lakenheath sponsors did not show up. This behavior casts a bad image against Lakenheath, and I hope this problem can be resolved.

We take our sponsor program very seriously at RAF Lakenheath. A military person from our INTRO program greets the airplane every Tuesday at RAF Mildenhall to ensure inbound personnel and their families are taken care of in the event a sponsor fails to show. Jan. 7, we had a representative present and he does not recall anyone stranded at the terminal. We also checked our sponsor critiques for that day and none of the inbound noted a problem with failure of a sponsor to meet them at the terminal. We can only surmise that either the individuals did not request a sponsor and were waiting for the bus to Lakenheath, or their sponsors were on the way to pick them up. Thank you for your inquiry.

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<http://www.lakenheath.af.mil/current/jet48.htm>

On the cover

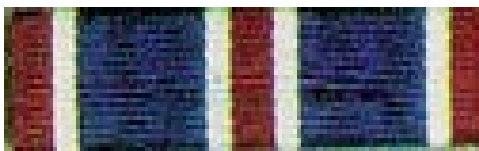
Photo by SSgt. Scott Davis
SSgt. Chris Austin, left, and SrA Robert Reyff help keep the 492nd Fighter Squadron environmentally friendly by turning in used items to the hazardous material collection point. For more on helping the environment, see pages 12-13.

48th FW earns outstanding unit award

Air Force officials have announced the 48th Fighter Wing has been awarded the Air Force Outstanding Unit Award, and military members assigned here for at least one day from July 1, 1994 to June 30, 1996, are authorized to wear the medal.

The citation accompanying the award reads:

"The 48th Fighter Wing, United States Air Forces in Europe, distinguished itself by exceptionally meritorious service from 1 July 1994 to 30 June 1996. During this period, the 48th Fighter Wing was on the forefront of military units in the accomplishment of na-



tional objectives: continuous and extended employment of forces for real-world combat missions in Operations Deny Flight, Provide Comfort, and Support Hope; promotion of stability by providing long-term and widespread American presence abroad; and training for future combat. A strong, combined team in medical, logistics, operations and support groups provided a powerful back-

drop to achieve these national objectives. Across the board, Liberty Wing warriors performed magnificently in a high-paced, challenging environment, producing outstanding mission results in sorties flown, maintenance and supply, base support, medical, chapel, safety, and a host of other programs. The distinctive accomplishments of the members of the 48th Fighter Wing reflect credit upon themselves and the United States Air Force."

Wing members should check with unit orderly rooms prior to wearing the ribbon to ensure records have been updated.

Housing helps with home improvements

By SrA. Sarah Franco
Public affairs

The self-help store and military family housing office have created new programs to help housing occupants receive needed supplies and be recognized for outstanding gardens and yards.

The self-help store offers garden sheds and fencing to people who live in Lakenheath assigned housing. Occupants must sign up by 5:30 p.m. April 25 at the store in Bldg. 1107 to be eligible for the May 1 draw.

Only a limited quantity of sheds and fencing is available. E-1s through E-5s will receive 60 percent of the sheds and fences; E-6s through E-9s will receive 28 percent and O-1s through O-6s will receive 12 percent. People are limited to one shed and fence per selected occupant.

The military family housing office has organized a garden of the month and year program to reward people who have worked to improve the appearance of government quarters and neighborhoods.

This year, the program is divided into three areas. The first area includes all the housing directly on and off RAF Lakenheath. The second area includes RAFs Newmarket, Feltwell, Oakington, Waterbeach, Shepherd's Grove and Ely hous-

ing. The third area is all leased housing, including Anglo and Newmarket/Soham. People who reside in any area where maintenance responsibilities are held by the 48th Civil Engineer Squadron are part of this program.

"Each month until Oct. 31, housing inspectors will nominate a garden in each area which is superior in appearance or which has reflected a tremendous rise in standard," said Andre Morris, garden manager.

From the nominations, one garden will be chosen and offered various incentive awards. These awards include one ceiling fan, a brick walkway, gift certificates from AAFES, new light fixtures, new window blinds and new appliances from furnishings management.

"This program is important because it lifts the general standards of all the houses in the area," said Mike Smith, housing facility manager. "The quality of gardens goes up with each competition."

To help people improve their gardens, the base self-help store is open from 12:30 - 5:30 p.m. Mondays through Fridays and from 8:30 a.m. - 12:30 p.m. Saturdays. The store offers "how-to" books, grass seed and lawn weed killer, garden tools and wheelbarrows on loan, patio slabs and seasonal bedding plants.

For more information, call Ext. 2577.



Photo by SSgt. Nelson James

Talented youth

Tiffany Drysdale sings *Via Dolarosa* during the USAFE Youth Talent Contest April 11 at the Lakenheath High School auditorium. Tiffany captured first place in the female vocalist category.

Rapcon controllers find home away from home

By SSgt. Scott Davis
Public affairs

Shifting the RAF Lakenheath radar approach control facility to another Royal Air Force station has led to a significant savings for the base, and the transition went unnoticed to RAPCON customers.

The new equipment at the RAPCON forced its move to RAF Honington in January. Typically, the base would have spent \$750,000 to bring in a mobile RAPCON for temporary use, according to CMSgt. Eugene Newton, 48th Operations Support Squadron, chief controller, RAPCON.

"It was cheaper to rent from the RAF," Newton said.

It's the second time the air traffic controllers have operated from RAF Honington. During the summer of 1995, Lakenheath's runway underwent construction and flightline operations were moved to Honington.

RAPCON controllers provide air traffic control guidance to military and civilian aircraft within 40 miles of Lakenheath. The switch to Honington in January went smoothly, according to Newton.

"The pilots hardly noticed that we were operating from a different location."

The controllers are expected to renew operations at Lakenheath the first week of May when installation of the new equipment is complete. The Lakenheath RAPCON is



Photo by SSgt. Scott Davis

Air traffic controllers Amn. Diane Crowther and SSgt. James Spillane handle military and civilian aircraft from the temporary radar approach control facility at RAF Honington.

improving its radar and communications equipment, which will include an increase in the current number of radio frequencies used.

"The new equipment will allow us to distribute our workload across more controllers, allowing better service to the pilots," Newton said.

For the temporary move to Honington, the RAPCON needed help from the 48th Communications Squadron and British

Telecom for radio and telephone communications, weather information and a local area network for connectivity to the base.

"We successfully moved the air traffic control radar approach control operation to Honington because of the outstanding efforts of these people," said Capt. Kelly Koepsell, 48th OSS, airfield operations officer. "We appreciate the support of those people who helped us move."

Journey from the center of the earth at Jason VIII

By SSgt. Christopher J. Haug
Public Affairs

Witness gushing geysers, frozen glaciers, boiling mudpots, geothermal pools and erupting volcanoes all from Yellowstone National Park and Iceland at this year's Jason Project from April 28 - May 9 at the RAF Lakenheath High School.

The high school will serve as an interactive site for JASON '97. JASON is a program that uses satellite communication links to give audiences' viewers an opportunity to watch scientists carry out real scientific research at a study site.

Viewers will watch live transmissions that last approximately one hour and 15 minutes. They show at 2:45 p.m., 4:15 p.m., 5:45 p.m., 7:15 p.m. and 8:45 p.m. local time. Admission is free. Reservations are required. Call Faye Batey at (01638) 527220 or email faye_batey@odedodea.edu.

"Jason VIII brings the excitement of scientific discovery through the innovation of "Telepresence" - live satellite broadcast that follows a science expedition as it hap-

pens," said Faye Batey, DODDS project director.

"Using advanced "you-are-there" telecommunications with new technologies like video conferencing, the Internet and satellite communications, millions of students from the United States, United Kingdom, Bermuda, Mexico and Iceland will participate in the expedition by submitting questions and talking with the scientist."

Along with 25 other students from around the world, Paul Cline, from RAF Alconbury High School, will work on one of the six research teams studying geothermal areas and animal movements at Yellowstone.

The JASON project program - now in its eighth year - uses live broadcasts to show participants how each year's project develops on a daily basis. These live programs are beamed via satellite to more than 30 sites in North America and the United Kingdom. Previous broadcasts have taken place from the Mediterranean, Hawaii, the Galapagos Islands, Belize, the Baja Peninsula, the Great Lakes and the Florida Keys.

Besides the educational advantages it offers, JASON also offers participants a

chance to watch scientists doing real field research. "It's about as close to actually being there and doing the work yourself, that an observer can get," Batey said.

Its unique perspective, educational theme, and high-tech support make JASON appealing to viewers of all ages, Batey said.

Although each day's programming follows a basic outline, each show is unique, since the program's format is "live."

"There is a progression as scientists discover things during their research over the two-week period," Batey said.

JASON offers viewers an opportunity to do more than just passively sit and watch a scripted, preset program. With JASON, viewers will see the action live on three screens - a large, movie screen which will show what's going on, and two smaller screens that show background information that explains in greater detail what's being shown on the main screen.

People can also witness the event via the Internet by tapping into <http://www.jasonproject.org> and the RAF Lakenheath Primary Interactive Network Site at <http://www.dungeon.com/~faye/>.

Vehicle shipping changed

New procedures for processing vehicles for shipping have been instituted by the 1320th Medium Port Command. People must make an appointment prior to shipping. Vehicle information and orders must be sent to the personal vehicle compound one week before the appointment. For more information, call Ext. 1849 or (01473) 242133.

1997 DOD job fair slated

People who are within 180 days of retirement or separation are eligible to participate in the 1997 Department of Defense Job Fair June 19 - 20 in Kaiserslautern, Germany.

Military members and their spouses are authorized up to seven days permissive temporary tour of duty to attend DOD events such as this. Deadline to sign up is April 25. Transportation and lodging information is available at the RAF Mildenhall family support center. For details, call 89-3406.

Kindergarten registration begins

Early registration for kindergarten students for the 1997-1998 school year is at the RAF Lakenheath Elementary School between 9 a.m. - 2:30 p.m. May 15 in Bldg. 50, Room 106.

To be eligible for kindergarten, children must be 5 years old on or before Oct. 31. Parents should bring a copy for sponsor's orders, child's birth certificate or passport, child's Social Security number and a DOD certificate of immunization. Registration packages may be picked up from the school to complete paperwork at home. For more information, call Ext. 3721.

Re-registration for school begins

Re-registration for students currently enrolled at the RAF Lakenheath Elementary School is May 12 - 14.

Students bring home registration packages May 2. Instruction will be included with the forms, according to school officials. For more information, call Ext. 3721.

EIC rifle match slated for May 3

An elementary level Excellence in Competition rifle match is May 3 at the combat arms training center at RAF Feltwell.

The competition is open to all U.S. active-duty, National Guard and Reserve members who have not earned credits toward the Distinguished Rifle Shot Badge. Registration is ongoing. For details, call Ext. 7099 or 7026.

DOD announces Operation Be Fit

WASHINGTON (AFNS) - The Defense Department is starting a new program to improve the physical fitness of its people.

Operation Be Fit will serve as a blueprint to foster a renewed emphasis on the physical fitness of the entire military community, said Fred Pang, assistant secretary of defense for force management policy. It will also let the Department of Defense set the standard and assume national leadership in comprehensive

physical fitness programs and activities.

The operation will focus on improving and expanding programs in fitness and sports, plus recreation activities involving physical activity. DOD also will take steps to encourage all members of the military community to participate in the programs.

This initiative will build on programs already within each of the services by combining expertise within the department. It will add DOD emphasis and endorsement to these efforts.

Besides military readiness, Pang's memorandum cites the findings of the July 1996 U.S. Surgeon General's Report on Physical Activity and Health as an important reason to undertake this physical fitness.

The report found that regular physical activity is associated with a decreased incidence of disease, substantially improved overall physical and mental health and an improved quality of life.

In December, DOD sponsored a fitness forum that included senior representatives from the military departments and the Joint Chiefs of Staff, the Office of the Assistant Secretary of Defense for Health Affairs, the President's Council on Physical Fitness and Sports and other agencies.

DOD expects to begin rolling out the completed standards and actions associated with this initiative this fall.

Assignment choices expand

RANDOLPH AFB, Texas (AFNS) - Increasingly, the approximately 14,000 enlisted Air Force members being sent on unaccompanied overseas short tours are returning to locations they chose under the service's enhanced follow-on/homebasing program.

"A combination of things has led to the high-match rate," said MSgt. Terry Pringle, of the center's enlisted assignment issues and procedures section. "The members of the airman assignment division have made a concentrated effort to ensure everyone going on an unaccompanied short tour has an opportunity to participate in the program."

Pringle says people are being more realistic with their preferences by providing locations where their grade and specialty are authorized, and in more sufficient numbers than in the past.

In October, the Air Force removed some major entitlement restrictions involving family relocation and vehicle shipments that discouraged many from participating in the follow-on/homebasing program. Enlisted program enhancements also allow members to request up to eight specific locations in the continental United States along with additional consideration for entire states, regions and locales. Members may also request specific overseas bases vs. being required to apply for a country.

For more information on participating in the program, contact the military personnel flight customer service section at Ext. 1845.

Liberty Warrior

"Can do" person of the week



Photo by SrA. Sarah Franco

SSgt. Michael Garland

*372nd Training Squadron,
Detachment 16*

Hometown: St. Amant, La.

Time in service: 10 years.

Time on station: 14 months.

Role in mission: I am an F-15 avionics instructor. I provide qualification training to avionics technicians within USAFE.

Hobbies: Fishing, woodworking and computers.

Where do you see yourself in 10 years? With a masters degree, about to retire from the Air Force and ready to begin a new career.

What do you like most about Britain? It gave me the chance to "step back in time."

What would you do to make things better at RAF Lakenheath? Improve Army and Air Force Exchange Service ability to special-order items for customers.

What is your greatest achievement? Obtaining my bachelors degree.

Why did you join the Air Force? For job stability and educational benefits.

What do you like best about the Air Force? The opportunity to see different countries and experience other cultures.

Students challenged at Hinterbrand Lodge

By Heidi Hall
"Jet 48" correspondent

High in the Bavarian Alps, in a gentle spring snowfall, 32 middle school students from RAF Lakenheath and Sembach AB, Germany, make their way up a rugged, winding mountain trail. Suddenly, the group breaks off the trail in knee-deep snow. Anxiety mounts as the students, dressed only in swim suits and running shoes, confront the icy water before them and, one by one, plunge in.

"I really thought I was going to die," said one eighth grader. "I can't believe I did it."

The students are not insane. They have accepted the challenge of Hinterbrand Lodge, the DODDS Outdoor Education program located near Berchtesgaden, Germany. Based on the Colorado Outward Bound program, Hinterbrand Lodge provides a unique experience to students and is designed to challenge them mentally, emotionally and physically through experiential learning.

Experiential learning is a method of teaching whereby challenges are given to students, and they have to figure out the solution on their own. This method provides students with the opportunity to immediately recognize and learn from mistakes as well as successes.

Teachers aren't constricted by bells in the classroom, said Sandy Williamson-Merchat, one of four Hinterbrand Lodge instructors. "Up here, we (students) can take all day to complete an initiative, if necessary."

To develop self image and perseverance, students at Hinterbrand Lodge must call upon their own strengths and resources while working effectively within a group. No task is complete until each member of the group has succeeded.

After conquering the frigid "run and dip," 31 students exchanged high-fives and hugs



Students at Hinterbrand Lodge have to work together as a team to overcome the obstacles they face.

and eagerly anticipated the warmth of the lodge. But fear had seized one member as he stood quaking in the cold. The group began chanting for him to "go!"

Stomps and cheers filled the air as the terrified young man plunged into his fear with both feet.

Even students who can't bring themselves to complete the various initiatives learn from the experience. One student, unable to overcome her fear of heights on the zip-line, which is a cable suspended between two trees that the students slide across on, pushed herself to scale the rappel tower. Later, as the group re-hashed the day's events, she identified her fear as a self-imposed limitation.

"I wish I hadn't gotten so upset over the zip-line, but I felt really proud of myself when I got up the rappel tower," she said.

In turn, group members recognized that challenges are different for everyone — success for one may be completing a course, while success for another may simply be making an attempt.

Looking back on the week, the students agreed that although the trip was worth it, it wasn't always fun. For example, before they arrived at the lodge, the students worked to raise money for the trip, followed strict nutritional guidelines and prepared physically. Throughout the week, students assume total responsibility for their personal needs and equipment as well as meal preparation and clean-up. Television, video-games and stereos are not available. The students are awakened early in the morning and involved in activities late into the night, with virtually no personal time.

Why then, would anyone willingly participate in such a program? The answer is evident in the eyes of a student who, moments before, stood trembling on a small platform high above the ground.

"Just take a step," coaxed lodge instructor Bud Foster. "Then go a little farther than you think you can."

"I was so scared," said this seventh grader. "But I just kept going."

Whether the challenge was conquering fear of physical discomfort, encountering strange people or strange food, taking the lead or following orders, or even living without junk food, the students persevered and pushed themselves farther than ever before.

To which they all said it was an accomplishment that they'll always remember and be proud of.

Students receive instruction for their next challenge.



Laboratory essential in treatment of illnesses

Capt. Kim Markland
48th Medical Group

Sometimes people think the Lakenheath hospital laboratory

does nothing but collect blood and give people a little bottle to urinate in.

Well, actually, they do. What lies behind the walls of the laboratory, however, beyond the

lady with the needles and tubes, is a fascinating world of electronic gimmickry and exotic media that aids in the diagnosis and treatment of many of today's illnesses.

In the United States alone, more than 10 billion laboratory tests are performed each year in more than 30,000 laboratories nationwide. In the 48th Medical Group, 36 highly trained laboratory professionals perform approximately 180,000 laboratory tests annually. Here's what goes into producing that laboratory result.

Back in the drawing room, the first step in the laboratory process is to collect the specimen, which can range from blood, to urine, to body parts (actually, the body parts are collected by a doctor in another venue). Each sample is collected and tested for various substances to give the medical provider a clue in the mystery of the patient's malaise.

A rainbow of colored tubes and bottles of preservatives are available for the many types of analyses required. The specimen is taken into the laboratory and combined with a concoction of solutions to give a substance that can be measured by the expert eye of the laboratorian or the precision of the latest technological instrument.

Like pieces of a puzzle, laboratory test results, put together with the provider's clinical assessment, paint a diagnostic picture. Armed with this information, the provider can enhance the opportunity for a successful treatment outcome in a situation that might otherwise result in less-than-favorable conclusions.

So, the next time you visit the laboratory, keep in mind that that little tube of blood is only the beginning of the story.
(Editor's note: April 13-19 is National Lab Week.)



Photo by SSgt. Scott Davis

SrA. Erich Quick, lab technician, plates a culture to check for bacterial growth.

Questions continue during tax-filing season

If I set up an Individual Retirement Arrangement, can I take a deduction on my taxes to the extent of my contribution to an IRA?

Maybe not. Military members are considered covered by an employer retirement plan and may have their deduction for an IRA contribution reduced or eliminated, depending on income or filing status.

For instance, if your modified adjusted gross income, or AGI, is less than \$25,000, and your filing status is single, head of household, or married filing jointly, you can take the full deduction for your IRA contribution. People with a modified AGI between \$10,000 and \$25,000 whose filing status is married filing separately cannot take any deduction for their IRA contribution.

If you can take a full deduction or even a partial deduction for an IRA, you should consider this a form of personal savings because it offers two advantages. First, you can deduct contributions to your IRA; and second, the taxes on the amounts in your IRA, including earnings and gains, are deferred until the assets are withdrawn. Generally, you will face an early withdrawal penalty if you withdraw assets from an IRA before you turn 59.5 years old.

The most you can contribute in any given year to an IRA is the lesser of your compensation or \$2,000. If your spouse does not

work and you file a joint return, you can set up a spousal IRA. The total combined contributions you can make for 1996 to an IRA and a spousal IRA is the lesser of your taxable compensation or \$2,250.

Beginning next tax year, total contributions to an IRA and a spousal IRA will increase to \$4,000. People interested in obtaining more information about IRAs can get a copy of IRS Publication 590, Individual Retirement Arrangements from the tax center.

If I earned less than \$70,000 from my British job, do I have to report my foreign income on my U.S. return?

Yes. U.S. citizens and U.S. resident aliens must report their worldwide income on their U.S. tax return. While U.S. citizens and resident aliens living overseas can claim benefits such as the foreign-earned income exclusion, or if they paid foreign taxes, the foreign tax credit, they still have the same filing requirements as U.S. citizens living in the United States. Thus, even if U.S. citizens earn all income from a British job, they would still be required to file a U.S. tax return and report the foreign-earned income. They could, however, choose to exclude up to \$70,000 of foreign earned income by filing a Form 2555 with Form 1040.

Taxpayers who take advantage of the foreign earned income exclusion are not

entitled to take the Earned Income Credit for that tax year. Also, all amounts on the U.S. tax return must be stated in U.S. dollars. The average annual exchange rate for 1996 was \$1.56 to £1. For more information about the foreign earned income exclusion, call the tax center at Ext. 1805.

Center closes Fridays

Now that the tax deadline has passed, the base tax center is closed Fridays. The center is open from 9 a.m. - 5 p.m. Mondays - Thursdays for general tax assistance and electronic filing. The center will open June 13 to handle electronic filing for last-minute returns.

Taxpayers living and working overseas have an automatic two-month extension until June 16 to file federal returns, but must still pay interest on any taxes due April 15. After June 13, taxpayers may obtain assistance on paper returns only from the legal office by calling Capt. Jennifer Dickey at Ext. 3553.

The tax center is located in Bldg. 905, between the base library and Electric Avenue. For more information, call TSgt. Debra Gallegos or Diane Butler at Ext. 1805.

Gasoline spills pollute drinking water source

By MSgt. Edward Spengler
Environmental manager

In the United States, we consume more than 450 billion gallons of water daily.

This water comes from only two sources — surface water like rivers, lakes, and streams; or groundwater. Today, nearly 117 million people, more than one-half of the United States population, rely on groundwater for their source of drinking water. That percentage is even higher here in Britain.

Groundwater is water that fills the cracks, pores, rocks and sediment beneath the surface of the Earth. Most groundwater is naturally pure and often remains undisturbed for years, even centuries before use.

More than 90 percent of the world's supply of potable drinking water is underground, and this is where the danger lies. Underground water is contaminated in vir-

tually every state across the U.S. Because we have not understood groundwater or its vulnerability, we have been extremely careless in protecting this valuable resource. Gasoline and other harmful liquids pollute our groundwater. Pollutants from poorly constructed landfills or septic systems are contributors also. Waters have also been polluted by runoff from highly fertilized fields and industrial areas, as well as acid rain.

The over-use of herbicides and pesticides in and around the home account for more contamination to water than the farmer with large fields. Gasoline is also a problem. One gallon of gasoline can pollute 750,000 gallons of drinking water. Every little spill makes a difference.

(Editor's note: Portions of this article were taken from, "Our Environment—What Can You Do," published by the Center for Environmental Initiatives and Hands On Training)

Recycling dr

RAF Lakenheath

Bldg. 422 and Bldg. 1140

Metal cans

Plastics

Newspapers and magazines

Paper

Cardboard and brown bags

Glass

Wood pallets

CD-ROM disks

Toner cartridges

Scrap metal

Aluminum cans

Environmental tips

Easy things you can and should do fo

❑ Turn water heaters down to 120 degrees Fahrenheit, and set the temperature of refrigerators between 38 and 42 F and freezers between 0 and 5 F. Clean the condenser coil on refrigerators at least once a year.

❑ A simple furnace tune-up can increase its heating efficiency by 5 percent, with a corresponding reduction in emissions. The 5 percent rise in efficiency means an annual savings of 8,000 cubic feet of gas.

❑ When buying appliances, look for a dishwasher with an air-dry setting; it can cut energy use by 50 percent. Use major appliances after 11 p.m. to avoid peak-usage periods.

❑ Look for washers with adjustable water levels and temperature. Look for a clothes dryer with a moisture sensor that turns the dryer off when the clothes are dry. This can cut energy use by 10 to 50 percent.

❑ Don't over-dry clothes. A wooden clothes rack or clothes line is a practical and energy-saving device to dry clothes.

❑ Get to know your neighbors and start up a car pool. Tune-up cars, including the air conditioning unit. It will save money and the environment.

❑ Fit your house with the proper insulation, caulking and weather stripping. Added insulation will pay for itself in about two years.

❑ Plant a tree for the future generations. Shade trees can cool ambient air temperatures by 10 F and reduce local energy

demand for air conditioning, as well as remove large quantities of carbon dioxide from the atmosphere. Mature trees consume an estimated 13 tons of carbon dioxide per year.

❑ Plant flowers and shrubs that attract wildlife and provide habitat and food. These include wildflowers, natural prairie grasses, native bushes and environmentally friendly lawns.

❑ Use manual gadgets instead of electrical. For example, use manual can openers, carving knives, toothbrushes and pencil sharpeners. Reduced dependency on electrical gadgets reduces the demand on our resources.

❑ Recycle your aluminum cans. In many areas, aluminum foil, pie plates, frozen food trays, window frames and siding may also be recycled.

❑ Buy beverages in refillable bottles or recyclable glass. Save your newspapers and recycle.

❑ Buy bulk food whenever possible and buy the largest possible packages of nonperishable. It is a great way to cut down on waste packaging and keep it out of the landfills.

❑ Choose reusable products. Avoid single-use items like disposable razors or lighters. Use a permanent or reusable coffee filter.

❑ Use cloth diapers rather than disposable diapers. They are ecologically sound and prices are competitive with disposable types. If you can't switch completely, alternate between them.

❑ Use rechargeable batteries — they last longer and contrib-

ute less to

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Drop-off points

RAF Feltwell

Next to the school, Bldg. 43

**Aluminum cans
Newspaper
Glass**

For your earth

our hazardous waste problems.
cloth bags when shopping or reuse paper, plastic
boxes at the supermarket.
n shopping, look for biodegradable soaps, sham-
laundry cleaners.
plastic bottle, a displacement bag, or toilet dam in
s. If the toilet is flushed on an average of eight times
ould save approximately 5,800 gallons a year.
a plunger — they are much safer and more economi-
rain cleaners, which are toxic or corrosive. Use
da on brushes to clean toilet bowls. Pour a half cup
the bowl and let stand for an hour to disinfect. Use
da to clean sinks and appliances too.
up chemical pesticides — try some organic garden-
ne remedies in their place. Try these.
- Soap and water mixture will serve as an effective
especially for aphids. Mix a half cup of soap powder
cups of hot water or add some slivers of old hand
- A popular remedy for slugs and snails is the use
r full of beer, set in a hollow in the ground, so the
l with the ground. Slugs will crawl in and die.
- Bulbs may be protected when planting by putting
enne pepper in a bag and shaking your bulbs in it
nting. It will keep cats from digging them up also.

Did you know?

- ❑ Americans receive almost 4 million tons of “junk” mail every year, and 44 percent of it is never opened or read.
- ❑ The junk mail Americans receive daily could produce enough energy to heat 250,000 homes for a day.
- ❑ Water heaters account for about 20 percent of all home energy usage. For every 10 degrees water heaters are turned down, people save 6 percent of the energy used.
- ❑ Refrigerators in the United States use power equal to 50 percent of all of the electricity generated by nuclear power plants.
- ❑ Spark ignitions, instead of a pilot light, can cut a stove’s gas consumption by 40 to 50 percent. Convection ovens with fans distribute heat more evenly, are more efficient and can cook 30 percent faster than standard models.
- ❑ For every gallon of gas a car uses, 20 pounds of carbon dioxide is produced. Carbon dioxide is the main “greenhouse effect” gas. A well-tuned car uses up to 9 percent less fuel than a poorly tuned car.
- ❑ American cars travel almost four billion miles a day and use more than 200 million gallons of gas. That means Americans drive over a trillion miles per year.
- ❑ If only 1 percent of the cars in America were not driven one day a week, about 96 million gallons of gasoline could be saved in a year.
- ❑ Leaky auto air conditioners are considered to be the single largest source of CFC emissions in the United States.
- ❑ Tropical rain forests make up only 2 percent of the Earth’s surface, but more than half of the world’s wild plant, animal and insect species live there. Tropical rain forests provide the Earth with 40 percent of its oxygen.
- ❑ If every commuter car carried one more passenger, we would save 600,000 gallons of gas and keep 12 million pounds of greenhouse gases out of the atmosphere each day.
- ❑ Making aluminum from recycled aluminum uses 95 percent less energy than making aluminum from scratch. The energy saved from one recycled can will operate a television set for three hours.
- ❑ If one-tenth of one percent of all Americans recycled one can a day, it would save up to 3.5 gallons of gasoline each day. In 1989, Americans used 80 billion aluminum cans and recycled a record 60 percent of them.
- ❑ Forty to 50 percent of all the trash we throw away is paper. The average worker throws away about 180 pounds of recyclable paper each year.
- ❑ It takes 17 trees to make one ton of paper. A single edition of the Sunday New York Times newspaper uses 75 thousand trees.
- ❑ Each ton of recycled paper saves three cubic yards of landfill space with the added savings of 380 gallons of oil. Every year, Americans throw away enough office paper to build a 12-foot-high wall from Los Angeles to New York.
- ❑ According to the Environmental Protection Agency, at least 74 pesticides have been found in ground water of 38 states. Homeowners use up to 10 times more toxic chemicals per acre than farmers.
- ❑ An estimated 50 million flea collars for pets are used and disposed of in landfills every year. Some of the pesticides on flea collars cause permanent nerve damage.
- ❑ Americans dump more than 21 million pounds of antifreeze and 350 million gallons of used motor oil into the environment every year. One quart of used motor oil can pollute 250,000 gallons of drinking water.
- ❑ Each time a toilet is flushed it uses five to seven gallons of water. 40 percent of the “pure” water you used in the home is flushed down the toilet.
- ❑ It takes up to 150 gallons of water to wash a car with a water hose. The average shower can use up to 35 gallons of water.



By Linda Laws
Community relations
advisor

Stewardship of the environment is the task of The Environment Agency in this country. This body is headed by a policy unit of about 250 people. The agency combines the regulation and management of land, air and water in England and Wales and provides protection and enhancement of the environment as a whole. The agency also has an overriding commitment to contribute to the worldwide environmental goal of sustainable development.

Local environment

Did you know that the habitat around us is artificial? Before the arrival of man, the countryside was covered in oak forest.

Did you also know that around 80 percent of rare plant species in Suffolk are to be found around RAF Lakenheath?

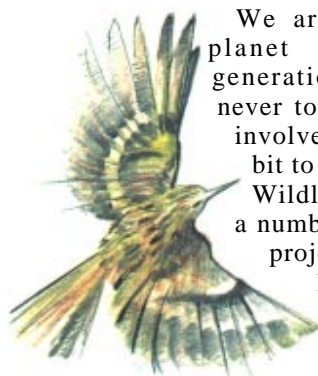
It is important that we continue to manage our ever-changing environment. This is done in part by the management of existing sites.



'Go for Green' challenge

Earth Week seems the ideal opportunity to let you know about the recent initiative introduced by Forest Heath District Council in conjunction with the Suffolk Wildlife Trust and Brecks Countryside Project. It is the "Go for Green" challenge. The challenge flags up some great ideas of ways to get involved to enhance the environment in which we live. Base personnel are already involved in helping Forest Heath work toward their goal, but there are other projects being developed right now.

Ideas for children to play a part



We are saving the planet for future generations, so it is never too early to get involved and do our bit to help. Suffolk Wildlife Trust have a number of ongoing projects which can help children appreciate and take a part in

preserving what we have.

Pond dipping

Pond dipping is a way of finding out what is in the water around us. It shows us how healthy it is and how the ecology changes over time. Pond dipping, as well as giving vital information for its management, can be a fun task for children to do under supervision. Nick Gibbons from Suffolk Wildlife Trust is keen to carry out a site survey of Peacekeeper Park and is looking for some volunteers. This would be a great idea for a class project.



Water vole watch

Water voles are the largest member of the British vole family. They used to be a common sight crouching at the water's edge but are now threatened with extinction in Great Britain. In addition to searching for voles, you will have the opportunity to learn about wildlife and see many other species, such as otters and American mink.

All you need to do to get started is to get a group together (never go alone or unsupervised) and complete a survey form for Nick at the Trust. If you are interested, I can provide you with the information required.

Other projects

Next weekend, a group of Girls Scouts from the base will undertake a project at Maids Cross Hill, north of the base. They are going to pull seedlings of Scots pine so that too many trees are not competing for the same amount of soil.

Last week, about 50 cadets from the 3rd Air Force Airman Leadership School returned to Mildenhall cemetery to work alongside their British neighbours to finish work to clear the cemetery. Forest Heath District Council representative, Roger Goulding, commented that the work was completed in days rather than the months it would have taken with their small team of volunteers. He was



**For more
information
about living
in Britain,
call Ext.
3145.**

absolutely delighted with the hard work and enthusiasm demonstrated by the whole team.

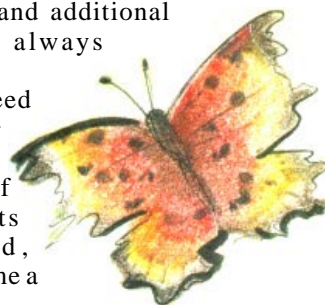
Projects to be completed

Several of the schools in the local area are keen to create environmental projects, such as gardens with wild flowers, in their school grounds and need help with preparing ground and getting started.

Brecks countryside project

The Brecks Countryside Project has been set up to look after the management of 370 square miles around the Suffolk/Norfolk county border. The area includes Santon Downham, Brandon, Beck Row, West Row, Worlington, Freckenham and Icklingham. The two areas of work currently being undertaken are concerned with wildlife conservation and improvements to public footpaths. Teams for projects are set up under the supervision of Simon Hooton or Neil Jarvis and additional help is always welcome.

If you need any further information about any of the projects mentioned, please give me a call.



Linda's tip

The State Rooms at Buckingham Place will be open to the public 9:30 a.m. - 4:30 p.m. Aug. 8 - Oct. 5. During the summer, opening tickets are available on the day or in advance, from 9 a.m. at the ticket office in Green Park. Day tickets are sold on a first-come, first-served basis with each ticket indicating a specific time to enter Buckingham Palace.

For information about chapel and off-base worship services, call the RAF Lakenheath chapel staff at Ext. 3711.

493rd change of command

The 493rd Fighter Squadron change-of-command ceremony is at 10 a.m. today in Hangar 7. For more information, call MSgt. Roberto Moreno-Almeida at Ext. 5513.

NCO induction ceremony

An NCO induction ceremony for all senior airmen being promoted to staff sergeant in May is at 4 p.m. May 1 at the Liberty Club. For more information, call MSgt. Jimmey Donica at Ext. 2833.

Chapel steak dinner

The chapel staff plans a steak dinner at 5 p.m. May 7 at the base chapel for dorm residents, families living in the temporary living facilities and families of deployed members. People who wish to help with the dinner or who want more information can call the chapel at Ext. 3711.

Club Beyond spaghetti dinner

The Junior Club Beyond and Junior Protestant Youth of the Chapel sponsor a spaghetti dinner April 27 following the 11 a.m. service. The groups are raising money for a trip to Italy in June. Cost is \$2 for adults and \$1 for children under 12. For more information, call Ext. 3711.

Hispanic American club meets

The Hispanic American club meets at 3 p.m.

Sunday at Bldg. 619 at RAF Mildenhall. For more information or directions, call Ext. 3553.

Enlisted spouses club

The enlisted spouses club sponsors a trip to Pentney Abbey for a medieval dinner with entertainment, music and dancing from 6 p.m. - 1 a.m. Saturday. Cost is £20 and includes transportation.

The club meets at 7 p.m. Monday at the Liberty Club.

For more information, call Marcia Aevertmann at (01638) 533533.

Tailor shops change management

The tailor shops at RAFs Lakenheath and Mildenhall are closed today - Thursday. The shops reopen April 25 with new management. For more information, call (01638) 533861.

Orthodox church services

The Orthodox church services for Lent are:

☐ Lazarus Saturday - 9:30 a.m. - Saturday.

☐ Vigil for Palm Sunday - 6 p.m. Saturday.

☐ Entry of the Lord into Jerusalem, or Palm Sunday - 9:30 a.m. Sunday.

Services will be held at St. John De Sepulchre Church, Ber Street, Norwich. For more information, call Rev. Patrick Hodson at (01362) 6993397.

Spring fashion show

Syene Temple #193 sponsors a "Sounds of Motown" spring fashion show May 3 at the Newmarket Celebrities cabaret club. Cost is £10. For details, call Ext. 5443.

PACE activities

People Associated for Cultural Enrichment sponsors a bowl-a-thon from 1 - 4 p.m.

Community meeting

A community information meeting is from 11 a.m. - noon Tuesday at the officers' club ballroom. Agencies including the chapel, hospital, services, Army and Air Force Exchange Service and commissary present five-minute briefings on what's new in the upcoming month. Handouts are provided. For more information, call Ext. 3847.

Saturday at the bowling center. For details, call Ext. 3582.

Logistics group banquet

The 1996 48th Logistics Group Professional Performer of the Year banquet is today at the officers' club. Social hour begins at 6 p.m. and dinner is 7 p.m. Attire is semi-formal or mess dress. Cost is \$15 per person for E-6 and below and \$18 for E-7 and above. For details, call Ext. 3157.

Blood drives

The blood donor center sponsors a blood drive May 1. For details, call Ext. 6524.

Health and wellness center

The health and wellness center sponsors the following activities:

☐ Back-pain classes are from 10 - 11 a.m. Wednesday. Discussions center around strengthening techniques, body mechanics and how to lift and sit correctly.

☐ A tobacco cessation class is from noon - 1 p.m. Fridays from today through June 6. Nicotine patches are offered for use during the course.

For more information on any of these programs, call Ext. 2710.

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.

Delivery class

A special delivery program meets from 9 a.m. - noon today in the conference room. Topics include an overview of the book "Your Baby's First Year," a financial presentation on "Budgeting For the

New Baby," Parenting 101, which covers basic parenting principles, information on building a child's self-esteem, communication, effective discipline and redirecting misbehavior. Other areas to be addressed are sibling rivalry and birth order. Participants receive a free bundle of baby supplies.

Teen life group meets

A teen life group meets from 5:30 - 6:30 p.m. today at the youth center. The class promotes personal development and coping skills for teens. Topics include self esteem, handling relation-

ships, dating and family communication.

Youth life group meets

A youth life group meets from 4:30 - 5:30 p.m. Thursday at the youth center. The group promotes development and coping skills among preteens. Topics include self esteem, friendships, dating and more.

Transition program

A four-day transition assistance program is from 1 - 5 p.m. Monday and from 8:30 a.m. - 5 p.m. Tuesday through Thursday in the conference room. The classes provide training in job-search skills to help military members and their families transition

from military to civilian careers.

Working in UK seminar

A seminar about working in the United Kingdom is from 11 a.m. - 1 p.m. April 25 in the conference room. The seminar discusses training and employment counseling services available to U.S. citizens residing in Suffolk.

Spouses group meets

The foreign-born spouses group meets from 6 - 8 p.m. April 25 in the conference room. The group provides a forum for spouses and addresses issues including immigration, naturalization, citizenship and more.

What's on at Services

48th RAF LAKENHEATH
Combat Support & Community Service

Friday – April 18

- An egg-decorating class is from 10 a.m. - 4 p.m. at the arts and crafts center. (Ext. 2194)
- A softball clinic is from 8 a.m. - 5 p.m. at the fitness and sports center. (Ext. 3249)
- A cheeseburger skillet lunch special is from 11 a.m. - 1:30 p.m. at the Liberty Club. (Ext. 3869)

Saturday – April 19

- A sports-card-and-comic-book fair is from 10 a.m. - 4 p.m. at the community activity center. (Ext. 2221)
- Free dance lessons begin at 8 p.m. at the rod and gun club. (Ext. 2368)
- Rent a movie today from Electric Avenue and return it Monday for one night's charge. (Ext. 2067)

Sunday – April 20

- Information, Tickets and Tours sponsors a trip at 9 a.m. to Pleasure Wood Hills or 8 a.m. to Madame Tussands. (Ext. 2979)
- A darts challenge begins at 2 p.m. at the rod and gun club. (Ext. 2368)
- A family skate session is from 2 - 6 p.m. at the Lakenheath skating rink. (Ext. 1607)

'Backslider' at Liberty Club

The Liberty Club sponsors the live band "Backslider" from 9 p.m. Saturday to 2 a.m. Sunday. For more information, call Ext. 3869.

Secretaries Day Wednesday

The officers' club sponsors a Secretaries Day fashion show and luncheon from noon - 1:30 p.m. Wednesday. It is open to all ranks and costs \$7.95 for a three-course meal. For more information, call Ext. 3636.

The community activity center delivers balloons for Secretaries Day Wednesday. Prices begin at \$6.50. Call Ext. 2221 to order.

2-party check cashing at clubs

The officers' club and Liberty Club can cash two-party checks, but the second party must be a club member and take responsibility for the check. For details, call Ext. 3636 or 3869.

Skating rink DJ challenge

The skating rink sponsors a DJ challenge beginning at 7 p.m. April 25. There are two

heats, one for 13 - 17 year olds and one for 18 year olds and over. T-shirts are given to all participants. For more information, call Ext. 1627.

Electric Avenue children's special

In honor of the Month of the Military Child, Electric Avenue sponsors a Children's Day promotion Wednesday. Each child accompanied by an adult receives one free children's video rental for the day. For more information, call Ext. 2067.

Friday night dart leagues

The RAF Lakenheath rod and gun club Friday Night Dart League seeks players to participate in the summer league. Teams of at least four shooters are required and all team shooters must be members of the rod and gun club. A meeting is at 6 p.m. Thursday. The season begins at 6 p.m. April 25. For more information, call 89-2380, Ext. 2314 or (01842) 827304.

Dog, puppy classes

The RAF Feltwell community activity center offers dog and puppy obedience classes. Dog classes are at 7 p.m. Tuesdays and run for eight weeks. Cost is \$45. Puppy classes are 9:30 a.m. Saturdays and run for six weeks. Cost is \$30. Both classes are held in Bldg. 21 at Feltwell. Call Ext. 7291 for details.

Aero club ground school

Instrument ground school begins Monday at the aero club. For more information, call Ext. 3152.

Liberty Club bingo

The Liberty Club gives away more than \$2,000 in cash and door prizes at bingo Tuesdays. Doors open at 6 p.m. and games begin at 7:30 p.m. For details, call Ext. 3869.

Conversational Spanish classes

The community activity center offers conversational Spanish classes from 5:30 - 7:30 p.m. Mondays. Cost is \$22.50 for four weeks. For more information, call Ext. 2221.

At the movies

RAF Lakenheath

Friday

7 p.m. - "Space Jam" (PG) Starring Michael Jordan and Bugs Bunny. Jordan helps cartoon characters win a basketball game against a team from outer space.

9:30 p.m. - "Scream" (R) Starring Neve Campbell and David Arquette. Wes Craven's thriller creates turmoil in a quiet California town when a murderer makes young people his latest targets.

Saturday

4 p.m. - "In Love and War" (PG-13) Starring Sandra Bullock, Chris O'Donnell and Aviano Milcom. This romantic drama tells the true story behind Ernest Hemingway's World War I novel "A Farewell To Arms;" the love of a 19-year-old Heminway with a 27-year-old nurse. Wounded on a battle field in Italy, a Red Cross volunteer, is taken to the hospital and cared for by an American nurse who saves his leg from amputation.

7 p.m. - "The Crucible" (PG-13) Starring Daniel Day-Lewis and Winona Ryder. Salem, Mass. is dedicated to the service of God. Suddenly, the devil is loose in Salem and the community is consumed by cries of witchcraft.

9:30 p.m. - "The People vs. Larry Flint" (R) Starring Woody Harrelson and Courtney Love. Larry Flint takes his Hustler magazine free-speech battle all the way to the Supreme Court.

Sunday

4 p.m. - "The Crucible" (PG-13)

7 p.m. - "In Love and War" (PG-13)

Monday

7 p.m. - "In Love and War" (PG-13)

Tuesday

4 p.m. - "The Crucible" (PG-13)

Wednesday

4 p.m. - "The Crucible" (PG-13)

Thursday

7 p.m. - "In Love and War" (PG-13)

April 25

7 p.m. - "In Love and War" (PG-13)

9:30 p.m. - "The People vs. Larry Flint" (R)

RAF Mildenhall

Friday

7 p.m. - "The Crucible" (PG-13)

9:30 p.m. - "Star Wars" (PG) Starring Harrison Ford and Mark Hamill. The tale of the Galactic Civil War is back with more special effects and some scenes left off the original.

Saturday

7 p.m. - "The Beautician and the Beast" (PG) Starring Fran Drescher and Timothy Dalton. A street-smart New York hairstylist crosses paths with the foul-tempered ruler of the Eastern European country Slovetzia.

Sunday

7 p.m. - "Star Wars" (PG)

Monday

7 p.m. - "Star Wars" (PG)

Tuesday

7 p.m. - "Star Wars" (PG)

Wednesday

7 p.m. - "Star Wars" (PG)


Thursday

7 p.m. - "The Beautician and the Beast" (PG)

April 25

7 p.m. - "The Preacher's Wife" (PG) Starring Whitney Houston and Denzel Washington. Reverend Henry Biggs gets help in the form of an angel named Dudley.

9:30 p.m. - "Dante's Peak" (PG-13) Starring Pierce Brosnan and Linda Hamilton. A volcanologist studying seismic activity in a small Pacific Northwest town discovers that a peaceful looking mountain is about to blow.



Menu

Knights Table

Today
Lunch: scalloped ham and potatoes, simmered corned beef, baked chicken
Dinner: ground beef cordon bleu, buffalo wings, tuna-noodle casserole

Saturday
Lunch: turkey-spinach delight, veal Parmesan
Dinner: Hungarian goulash, grilled Polish sausage with onions, vegetarian stuffed cabbage

Sunday
Lunch: roast veal, turkey pot pie
Dinner: vegetarian spaghetti sauce, Swedish meat balls, barbecued pork loin

Monday
Lunch: chicken cacciatore, breaded liver with onions, beef stew
Dinner: pepper steak, chili macaroni, burritos

Tuesday
Lunch: sesame chicken, pork adobo, stir-fry beef with broccoli
Dinner: prime beef, red beans and sausage, baked stuffed pork chops

Wednesday
Lunch: southern-fried chicken, southern-fried catfish, barbecued spareribs
Dinner: roast beef, scalloped tuna and peas, savory baked chicken

Thursday
Lunch: grilled Salisbury steak, tamale pie, herbed Cornish hens
Dinner: ginger pot roast, spaghetti with meat balls, tempura fried fish



Joel Morris, a Barracuda teammate, powers through backstroke motions.

Barracudas swim at local meet

By Keith McCain
Swim coach

The Lakenheath Barracuda Swim Club sent a team to the Mildenhall village swimming pool to compete in a novice meet April 12.

This type of meet is designed for young or beginner competitive swimmers. The small, nine-member delegation of swimmers aged 8 - 14 competed against teams from Mildenhall village, Bottisham and Stowmarket.

Due to the low number of swimmers, the team was unable to field swimmers for a quarter of the events, which led to the team's overall fourth-place finish.

The team result, however, said nothing about the quality of individual swims. The club took several first places and had per-



Photos by TSgt. Sam Shore

Amber Kozora, a top point scorer, uses the butterfly stroke to get across the Mildenhall village pool.

sonal best swims in most events. Top point scorers were Lecia Robinson, Amber Kozora and Rachel Sokoly.

In an attempt to fill every possible event, the team members were all heavily tasked, swimming a minimum of five events in a two-hour period and some with as many as seven events. Despite the high tempo and short rest periods, all of the swimmers achieved personal best times in at least one event and usually in multiple events.

A highlight of the meet was the last event which is a parents' relay. The Lakenheath coaching staff swam the event, beating everyone else by a wide margin. It was billed as four lengths of freestyle, which is the fastest stroke, but was easily won by the coaches in impressive style swimming butterfly.

For more information on the swim team, call the Lakenheath pool at Ext. 2815. The next meet is at 6 p.m. Saturday at Sudbury.

High school spring sports begin

By Gary Webb
"Jet 48" correspondent

The Blue Lady Lancers defeated London Central twice March 29, 28-3 and 13-3. Amy Jacobs, Jannica Ofsdahl, Amy Williams and Brandy Puckett continued outstanding hitting and defensive play. Freshmen Aja Robinson and Brandy Flores did a great job on the mound and won one game each.

Track schedule

Saturday at 11 a.m. - Alconbury vs. St. Ivo

April 26 at 11 a.m. - Croughton vs. Oxford

May 3 at 11 a.m. - American School in London vs. Cophthall Stadium

May 10 at 11 a.m. - Hillingdon vs. Cophthall Stadium

May 16 - 17 at 11 a.m. - the United Kingdom championships at Oxford.

May 23 - 24 - European Track Championships. The site will be announced

Softball schedule

Saturday at noon - Lakenheath High School Red plays at the American School in London

April 26 at noon - Lakenheath High School Red plays Lakenheath High School Blue

May 3 at noon - Croughton plays at Lakenheath High School Blue. Lakenheath High School Red plays at Alconbury

May 7 at 3 p.m. - Croughton plays at Lakenheath High School Blue. Lakenheath High School Red plays at London Central

May 10 at noon - Lakenheath High School Red plays at Alconbury. American School in London plays at Lakenheath High School Blue

May 16 and 17 - United Kingdom tournament at Croughton

Sports Shorts

Football club ties with West Suffolk

The Liberty Football Club drew 1-1 with West Suffolk Crusaders Saturday.

Greg Buckley-Lowe drew first blood in the 35th minute on a spectacular crashing header, his fourth and final goal of the season. He PCSed yesterday. The Crusaders knotted things up in the 65th minute when they found a hole in the central defense. The Liberty club dominated the match and had several opportunities go awry. The score could have been embarrass

See Sports shorts page 22

Camp focuses on basketball mechanics

By MSgt. Scott Martin
Public affairs

Basketball may not be the British national sport, but it was the game of the day Sunday at the Bury St. Edmunds Leisure Centre when members of the RAF Lakenheath and high school varsity basketball teams conducted a training camp for local kids.

The two-hour camp concentrated on the "mechanics of passing, dribbling, shooting and skill-development drills," said MSgt. Mitchell Dexter, varsity basketball coach.

Twenty local children, ranging in age from 8 - 14 years, participated in what one leisure-centre official said was a positive experience and a "great value."

"The kids really loved it," said the leisure centre's Simon Cockshall. "It's unusual to get so much in two hours."

The Lakenheath coaches and players put the kids through a series of drills designed to "introduce the kids to the basic fundamentals of the game that they can use at home to make them better players," Dexter said.

It was also an opportunity for the Lakenheath players to get involved in the community, the



Photo by MSgt. Scott Martin

Mark Davies (far right) and other local children practice blocking under the instruction of Charles Anderson, an RAF Lakenheath varsity basketball player.

basketball coach said.

"I had encouraged my players to always share their knowledge with people who are learning the game," Dexter said. "Basketball is a developing sport in the United Kingdom, and on my team there is

a vast amount of experience as well as knowledge," he added.

The camp went over so well, both Dexter and Cockshall said, that plans are in the works for a summer camp, and possibly a week-long camp.

The camp is designed for kids 8-16 years old, Cockshall said, and any children in that age group can attend. Cost is £2.50 per occasion, and Cockshall added there could be a camp for younger children, if there is a demand.

Sports shorts

From page 21

ing for the Crusaders, according to Liberty coach James Nix. A lack of finish and exceptional goal keeping by the team ensured that did not happen.

The club has four matches remaining in the season, all of which will be played at RAF Feltwell. The next game is against RAF Mildenhall at 2:30 p.m. Saturday at RAF Feltwell.

Earth Day golf tournament

The Earth Day Challenge Cup golf tournament is today at the golf course. Sponsors seek nine foursome from RAFs Lakenheath and Mildenhall. Entry fees are \$15 per person. For more information, call Ext. 2583.

Youth center essay contest

The youth center sponsors a sports essay contest on "Why Air Force sports has been important to my family and me." The winner of

the local contest will be submitted to the Air Force level for a chance to win a free scholarship to the 1997 Baseball Academy Summer Camp at the Adidas Baseball Academy in Bradenton, Fla. Deadline for entries is Monday. Applicants must be at least 14 and less than 19 by June 30. For details, call Karl Pfor at Ext. 3735.

Varsity softball tryouts

The men's varsity softball team sponsors tryouts Saturday. For details, call Ext. 5552.

Softball

The fast-pitch softball team seeks players to compete in the London men's fast-pitch league and in tournaments on the European continent. For details, call Ext. 2169.

Advance green fee registration

The golf course now renews annual memberships. The advance green fee registration prices are: E-1 to E-4, - \$215 per year or \$18 a month; E-5 to O-3 - \$300 per year or \$25 per month; O-4 and above - \$350 per year or \$30 per month. For more information, call Ext. 2223.

Aero club/golf course promotion

The golf course and the aero club offer a joint special during April. Purchase a discovery flight for \$25 at the aero club and receive a free round of golf and a lesson. Or, purchase a round of golf for \$8 - \$12 and a golf lesson for \$15 and receive a free discovery flight from the aero club. For more information, call Ext. 3152.

Intramural Standings

Standings as of Tuesday

Intramural bowling

Team	W	L	AVG	Pins
EMS #2	158	74	1013	64136
HOSPITAL	144	88	1474	69593
MSS #1	138	94	1213	64175
SPS	135	97	1331	59458
MSS #2	122	110	1166	56892
CES	118	114	1263	60132
DENTAL	118	114	1089	56468
EMS/AGE	117	115	1225	58876
492 FS	107	125	1363	60448
DECA	98	134	888	51816
OSS	97	135	1265	58446
CRS/PROPS	95	137	1350	54697
494 FS	95	137	1187	54186
POL	80	152	996	59956